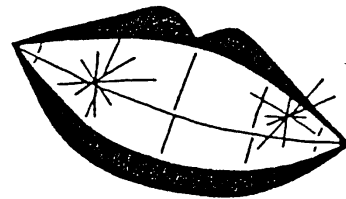
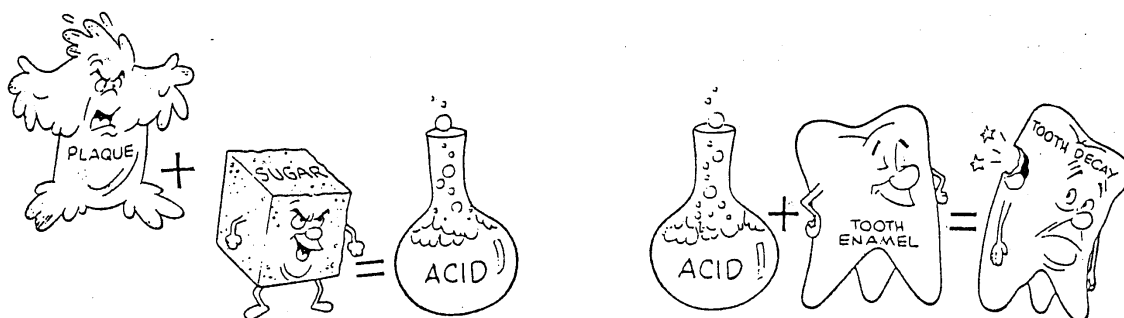


Healthy Snacks For Healthy Teeth



Your child's teeth need to be cared for every day. A healthy diet will help prevent cavities.

How Does Tooth Decay Start?

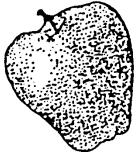


- ☹ A sticky white film called PLAQUE is always on tooth surfaces.
- ☹ Bacteria in the PLAQUE break down SUGARS and starches in foods we eat.
 $PLAQUE + SUGAR = ACIDS$
- ☹ The acid attacks the tooth ENAMEL.
- ☹ The enamel DECAYS by this acid attack.
- ☹ The result is TOOTH DECAY or CAVITIES.
 $ACIDS + TOOTH ENAMEL = TOOTH DECAY$

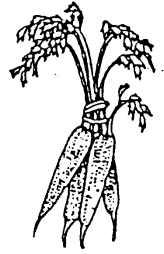
Take Care Of Your Child's Teeth

- ✓ Take your child to the dentist before he is two. The dentist may prescribe the use of a fluoride supplement.
- ✓ Help your child brush and floss his teeth frequently to remove the plaque that has formed on the teeth. Use a fluoride toothpaste. If your child is very small, use a clean washcloth or gauze pad to wipe the baby's gums and teeth. As the child grows, a small child-sized tooth brush can be used.
- ✓ If your child still drinks from a bottle, avoid putting sweetened juice, punch, soda, or sugar water in a bottle. The best idea is to give no bottle at bedtime. If a bottle "must" be given, use plain water only, and never lay a baby down in bed with a bottle.
- ✓ Give a variety of healthy foods to your child every day.





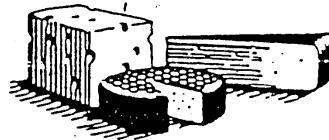
What Are Healthy Snack Foods?



To have good teeth and gums, each day eat a wide variety of foods from the food pyramid.

☺ Choose sensible snacks. Tasty snacks that reduce the risk for cavities include:

Milk
Cheese
Cereal with milk
Sandwiches
Pretzels
Juices without added sugar
Plain Yogurt
Fresh Fruits
Fresh Vegetables
Nuts (older children only)
Popcorn (older children only)



- ☺ Limit the number of times you snack
- ☺ Eat sugary foods as part of a meal, not as snacks. Eating a sweet food by itself can lead to cavities.
- ☺ Avoid foods such as hard candies, cough drops, and sugar-sweetened beverages. They expose your teeth to sugar for a long time.
- ☺ Watch out for foods that are sticky or chewy like caramels. They cling to your teeth and get stuck between them.

